

Concordia Stingers

Friday, June 2, 1995



Pruden named Concordia women's basketball coach

Harry Zarins, Director of Recreation and Athletics at Concordia University, is pleased to announce the appointment of Keith Pruden as the university's new head coach for its women's basketball program, effective July 10.

Pruden, 28, comes to the Stingers from the University of Winnipeg, where he was an assistant coach with the Wesmen from 1989-'95. While with the Wesmen, he won Canadian Interuniversity Athletic Union (CIAU) championships in 1993, '94 and '95. The Wesmen also won five straight Great Plains Athletic Conference (GPAC) championships during his tenure. Last November, the Wesmen tied a North American college record with 88 consecutive wins. The UCLA men's basketball team (1972-'74) set the record.

"I can't tell you how excited I am to have a coach of Keith's calibre with the women's basketball program and with the Department of Recreation and Athletics," Zarins said. "This is the dawning of a new and thrilling era in women's basketball both here at Concordia and in the province."

Pruden is equally as excited about bringing his ideals and strategies to Concordia.

"I'm thrilled," he said. "I've wanted to be a head coach in the CIAU for a long time. It's even better that it's a great university like Concordia."

Pruden is familiar with the Stingers and their conference. He was in Montreal last November with the Wesmen for the prestigious Concordia Saxon Classic Tournament, which the Wesmen won.

"I've seen the Stingers play a numbers of times," he said. "They are talented, athletic and skilled. I think we'll be very competitive."

With Pruden on the bench, the Stingers will also be an exciting team to watch.

"Fast, high scoring basketball is what I like," he said.

Pruden has enjoyed many successes with the Manitoba provincial program. He was the head coach of the junior women's basketball team in '94 and '95. He was the juvenile women's head coach in '93. That year he was also named the Manitoba Basketball Coaches Association Coach of the Year. From 1988-90, he was head coach at John Taylor Collegiate. In 1990, he was selected High School Coach of the Year by the coaching association.

Coaching basketball has a rich history in the Pruden family. Vic Pruden, Keith's father, coached the men's team at Winnipeg for a number of years. Then he set up the university women's team and coached it. He also coached the women's team at the University of Manitoba for a couple of years and the Canadian women's junior national team.

For information call Harry Zarins at 848-3867 or sports information co-ordinator Catherine Grace at 848-3862. Keith Pruden can be reached at (204) 832-2874.